

## HOME GYMNASIUM FOR WOMEN

To Preserve Health, Strength  
and Figure

BY PAULINE FURLONG

### The Benefits of Proper Condition.

The wonderful results of my reduction course with Mrs. St. James in the past two weeks will have at least one beneficial effect, and that is to prove to my readers that if a person has the resolution and determination to continue the treatment for any reasonable length of time an improvement in the general condition of the health and appearance as well as a great reduction of flesh will be obtained. I feel confident that when once a woman has become thoroughly convinced, through personal experience, that she has accomplished a marked improvement in her health and figure, more than half the battle has been won, and she will henceforth and of her own accord persevere with the daily exercise and a simple, wholesome diet.

PAULINE FURLONG

Many of my readers write and tell me that since they have become convinced of the benefits they have derived from the simple stair-climbing exercises, which have taught them to overcome shortness of breath, strengthen the leg and ankle muscles, and encourage deep breathing, that they purposely avoid elevators and moving stairways and climb many flights of stairs each day.

My pupil, Mrs. St. James, tells me that when she first started to climb the long flights of stairs to the elevated stations she was so suffocated that it was not possible for her to keep her mouth closed until she had regained control of her breath. Gradually, however, through this exercise and long brisk walks each day, he has learned to breathe deeply, even after much exertion, and my pupil and I firmly believe this diaphragm breathing is largely responsible for her wonderful loss of superfluous flesh in the past few weeks. I have told you that fat is carbon and must be burned up in the body through exercise, friction and deep breathing, which is the only way to give the system the necessary, life-giving oxygen.

### Letters From Miss

#### Furlong's Readers.

**CONSTIPATED.**—Mrs. I. S. writes: "I have written you many times and you have continued to ignore me. I am troubled with constipation, and though I am doing all of the exercises, at least and drink more, and eat many pines each day, I cannot find relief. Please advise me at once." This subject has been covered so many, many times and so thoroughly, both in my articles and in the query column, that I did not deem it necessary to answer each of my readers separately. This same question has been answered many times, but probably not under your initials. I do not answer unsigned letters, nor do I ever print the names of my readers who ask questions, or write in for back copies. If you are doing all of the exercises for constipation; trunk raising, liver squeeze, etc., as you say you are, and still get no relief, I would advise that you consult a physician at once.

**SIMPLE FOODS.**—"A Subscriber"

ally I think TOO MUCH FOOD should be the all important subject, as most persons eat at least twice as much as the body really needs.

**CHEST RAISING.**—A Reader asks: "Will you please tell me about the chest raising exercise, taken from the wall? I have been practicing it from the floor, but now have not space enough to do so. When I stand several feet from the wall, with the palms of the hands resting on it, and lower the body to the wall, should the face and chest touch the wall, and should the elbows be at right angles to the body or parallel with it? I think this a wonderful and valuable exercise for developing the chest and want to get it just right."

The upper chest and shoulders should touch the wall and the elbows should be at right angles to the body. You should feel the shoulder blades touch each other, in the back, as you come forward. This exercise will overcome the worst case of round shoulders in a short time, and really make it uncomfortable for one to stand stooped shouldered after a few weeks' practice. Do not move the feet nor bend the knees.

## PLEASE

### PEASE PIANOS

have been famous for their tone and quality for nearly seventy-five years. PEASE PLAYER-PIANOS are made in the same honest way that enabled Pease Pianos to stand the test of time. They are simple, responsive and durable and cost less than any other player-pianos in their class. Convenient terms with a liberal allowance made for your old piano. Used instruments at reduced prices. Send for catalogue.

**PEASE PIANO CO.,**  
128 West 42d St., near Broadway,  
34 Flatbush Ave., Brooklyn.  
57 Halsey St., Newark, N. J.

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PLAYER-  
PIANOS  
THAT  
PLEASE

## BONWIT TELLER & CO.

The Specialty Shop of Originations  
FIFTH AVENUE AT 38TH STREET

Arranged for Tomorrow, Wednesday

A Special Sale of Three Hundred

### FUR MUFFS

At Greatly Reduced Prices

9.50	12.50	15.00	18.50
Of Natural Raccoon Nutria	Of Hudson Seal (dyed muskrat)	Of Natural Skunk Hudson Seal Beaver	Of Natural Skunk Natural Lynx Gray Fox Kitt Fox

A Timely Sale which offers splendid  
Suggestions for Holiday Gifts

## B. Altman & Co.

FIFTH AVENUE - MADISON AVENUE

Thirty-fourth Street

NEW YORK

Thirty-fifth Street

## MEN'S FURNISHINGS

### Men's Silk Neckwear

advantageously priced, will be on special sale to-morrow and Thursday.

Four-in-hand Scarfs, in an extensive assortment of novel designs and colors . . . 80c.  
Six for \$4.50

Four-in-hand Scarfs of rich silks, in a large variety of designs and color effects, . . . \$1.10  
Six for \$6.25

Four-in-hand Scarfs of unusually rich silk, in a diversity of effective designs and color combinations . . . \$1.55  
Six for \$8.75

These Scarfs are in the open end style.

### MEN'S KNITTED SILK DRESS SCARFS (Imported)

In white or gray, all silk and elastic knit, double but light in weight, will be exceptionally priced . . . at \$5.75

### ALSO MEN'S BLANKET BATH ROBES

In coat style, with cord trimming, at \$5.00

### Men's Balta House Slippers

The distinctive lasts characteristic of the Balta quality of footwear are particularly noticeable in the Faust and Cavalier styles developed in kidskin, and the Opera style developed in buckskin, models which have received special attention as to detail, and which may be obtained in the following range of prices: per pair \$3.00 to 6.50

### Men's Dress Shoes and Pumps

of the Balta quality, are in the regular stock at per pair . . . \$7.00 to 10.50

### Men's Silk Hats

In the correct shapes for the opera and all occasions of fashionable dress, are in stock at . . . \$6.00 to 10.00

### Derbies and Soft Hats

may be obtained at prices that are very reasonable.

Save Time  
During  
Christmas  
Shopping,  
Luncheon or  
Afternoon Tea

Restaurant, Tenth Floor

Founded 1826

Greeley 1900

## Lord & Taylor

38th Street

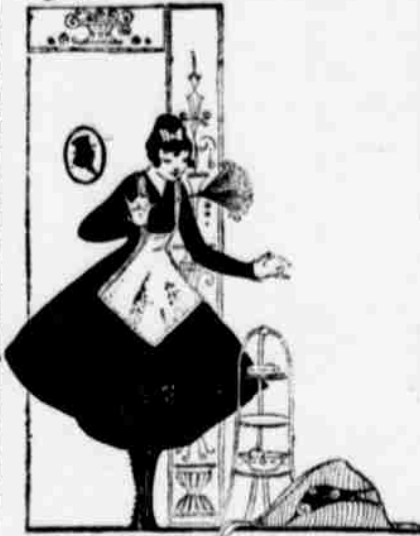
FIFTH AVENUE

39th Street

Three days more of Christmas Gift buying and then the warm hand shake, old Friends, Mistletoe and Feasting. In the interim here in the Lord & Taylor Store, with its vast stocks of alluring gifts and unusual remembrances, ready for your choosing, you will find plenty of suggestions to help you select the last minute gift.

### FOR YOUR MAIDS THESE USEFUL GIFTS

Choose from the Lord & Taylor assortments of correct Service Apparel, gifts that will be most welcome to the helpful members of your household regime.



#### Dainty Aprons of Net

quite as practical as they are pretty for gifts.

Princess Aprons—of heavy cable net with straps of lawn to emphasize their smart lines. . . . \$1.25

Pointed Aprons—of net with wide bib straps and black satin strings. . . . 85c

Novelty Aprons—of embroidered lawn, Swiss, organdie and mull, some finely hand embroidered. . . . 50c to \$5.95

#### Maids' and Nurse Maids' Aprons

25c, 35c, 50c, \$1.25 and \$1.95

Caps—in every new and correct style. . . . 6c to 35c

#### Maids' Uniforms

Black—percale, sateen and mohair. . . . \$2.00 to \$6.95  
White—lawn, duck and English rep. . . . \$2.25 to \$4.00  
Colors—percale, gingham, chambray and seersucker, . . . \$1.00 to \$2.00

#### Maids' Dresses

Seersucker and chambray in neat regulation model. Usually \$2.00. . . . \$1.45  
House Dresses of percale. . . . Special. . . . \$1.50  
House Dresses of imported percale. . . . \$2.45

Second Floor.

### 600 Women's ALL SILK UMBRELLAS

Very Special, \$1.95

Usually \$3.00, \$3.50 and \$4.00

Gift Umbrellas, made of fine quality twill or taffeta silks. Exceptionally pretty handles, including:

Sterling Silver etched and engraved, Bakelite tops sterling mounted, fancy carved handles, with sterling and gun metal mountings. Imported carved loop handles. Handles with 14-karat rolled gold caps.

Ground Floor.

### SHOES and SLIPPERS

Court Femininity's Favor

Smartest of the season's Footwear novelties at especially attractive prices.

#### High Suede Boots

Gray and brown suede shoes in laced or buttoned styles; high cut, high arched and with Louis heels. . . . \$9.00

#### Dainty Evening Slippers

Black satin in plain or beaded effects, white and colored satins, in a variety of pretty styles. Modeled on slender, graceful lines. Bench made and of exceptional quality. Special \$5.00

#### Rhinestone Slipper Buckles

Very effective designs, large and small, of the finest workmanship. Formerly \$5.00 to \$10.00 a pair. . . . \$2.50

Second Floor.

### The Gift of "ONYX" SILK HOSIERY

In the great Annual Sale of this famous Hosiery, an event now in progress, are featured many especially interesting offerings in Silk Hosiery appropriate for Gifts.

#### "Onyx" Silk Hosiery for Women

\$1.35 Hose—plain colors. . . . \$1.00  
\$1.75 and \$2.00 Hose—thread silk. . . . \$1.35  
\$1.75 and \$2.00 Hose—hand embroidered. . . . \$1.35  
\$2.25 Hose, new boot effects. . . . \$1.65  
\$2.50 and \$3.00 Hose—hand embroidered. . . . \$1.95  
\$2.75 Hose—Paris clock effects. . . . \$1.95  
\$4.50 Hose—Paris lace insets. . . . \$2.95

#### "Onyx" Silk Hosiery for Men

Hose in heavy ingrain and thread silk. . . . 50c and \$1.00  
\$1.75 and \$2.25 Hose—plain and clocked effects. . . . \$1.35  
\$2.50 and \$3.50 Hose—shot silk. . . . \$1.35

Ground Floor.

A Gift  
Certificate  
Is Helpful

If you would rather  
your friends made  
their own selection of a  
gift, a Gift Certificate  
solves the problem.

### Gifts for THE MAN OF THE HOUSE

Gifts that contribute much to his comfort, and are a distinct addition to his wardrobe. Correct absolutely as to cut and color—in short, gifts such as he would himself select.

#### Dressing Gowns Specially Priced

Only 150 of them, representing a special purchase. As the quantity is limited, none will be sent on approval nor exchanged. All sizes.

#### Silk Dressing Gowns

Special \$21.50

Usually \$25.00 to \$40.00

The majority in rich brocaded silks, some in matelasse, a few in velvet. In the deep subdued colorings that most men prefer. Most luxurious of Lounging Robes.

#### Silk Shirts at \$3.75

Usually \$5.00

Negligee models with soft French cuffs. In smart novelty striped silks.

#### Cloth Dressing Gowns

Special \$12.50

Usually \$16.50 to \$22.50

Plain and novelty striped effects in every desirable color; some with collars and cuffs of silk; others cord and braid trimmed. Finely tailored garments in many good models.

#### Pajamas at \$2.95

Usually \$4.00

Silk mixtures in neat colored striped effects. Military model with double silk frogs.

#### Choose His Cravats

from these smartest of novelties.

#### Four-in-hands at 95c

Usually \$1.50

New patterns in imported and domestic silks; open-end effects.

#### Four-in-Hands at \$1.45

Usually \$2.00 to \$3.50

Rich imported silks in newest patterns and colorings. A dozen, \$16.50.

Ground Floor.

### MEN'S RAINCOATS

Usually \$12.50 to \$15.00, \$7.75

Canton, tweed and cheviot "Showerproof" coats from one of America's foremost makers. Raglan or regulation shoulder models, some with silk lined yokes. All sizes.

#### FUR-LINED COATS

Special \$65.00

Fine quality broadcloth Coats, the shell lined with deep furred full Northern muskrat skins. Collars of Persian lamb or seal-dyed muskrat.

Fourth Floor.

### HIS SHOES AND SLIPPERS

For sport or for house wear, this specially selected footwear.

Black Calfskin Skating Shoes. . . . .	\$4.50
Tan Calfskin Golf Shoes. . . . .	\$6.50
Romeos of fine kid. . . . .	\$2.50
Felt Slippers, high cut. . . . .	\$1.85
Opera Slippers of kid. . . . .	\$1.75
Opera Slippers of felt. . . . .	\$1.50
Comfy Slippers (gray). . . . .	\$1.25

Ground Floor.

### REAL LACE NECKWEAR

The Gift Exquisite

Carriemacross Collars in most effective shapes. Specially priced. . . . \$8.95

Carriemacross Sets Collars and Cuffs in new and pretty styles. Specially priced. . . . \$15.00

#### Real Lace Collars

In Duchess, Point and Venise Laces. Were \$15.00 to \$40.00. . . . \$10.00 to \$25.00

Ground Floor.

## TOY-ZONE

Forward—March!

The Order of the Day



And prices have been so radically reduced that every Doll, every Toy, every Tin Soldier, every Game, every Book will speedily take its departure.

#### Prices Cut to 1/2 and Less

My Dearie Dolls—were \$2.50. . . . \$1.00  
Racketty Packetty Dolls—were \$4.00. . . . \$2.00  
Kewpie Dolls—were 85c to \$2.00. . . . 45c to \$1.00  
Mechanical Toys—were 35c to \$7.00. . . . 15c to \$3.50  
And hundreds of other toys at corresponding reductions.

Fourth Floor.